

# Solitude Heart to Heart

## Digging Deeper

*In prayer it is better to have a heart without words, than words without a heart.*

*John Bunyan*

**Read Psalms 16:11 and Psalm 17:6.**

**Now read Psalm 27:4**

Prayer is both talking with and listening to God. It is being in his presence.

What is the hardest of these three for you to do?

How can you bring more balance into your prayer life?

### The Door of Prayer

Prayer is so simple  
It is like quietly opening a door  
And slipping into the very presence of God  
There in the stillness  
To listen for His voice  
Perhaps in petition  
Or only to listen  
It matters not  
Just to be there  
In his presence  
Is Prayer

Luke 11:1-13  
**Source Unknown**

**Read Matthew 6:9-13**

What did Jesus say when the disciples asked him how to pray? This is called the Lord's Prayer.

What are the very first two words? What does that mean to you?

Spend some time studying the sections of the Lord's Prayer and share it with someone.

## Heart Check

- **Read Psalm 119:89, Psalm 119:105, Psalm 119:41,42**

In order to pray we need to stand on the fact, the truth of God's word. Why is this?

- Amy Carmichael states if we are a baby and pray in the name of Jesus it is powerful. It is because of His name, not our merit, that God hears our prayers.

**Do you want to meet with God?** Ask God to help you love Him and to want to know Him.

Think of your meeting time with God as a special appointment time with Him.

If it is hard for you to spend time alone with God what are some of the reasons?

- He rejoices over you with singing...see Zephaniah 3:17.
- Jesus said he has chosen you.....John 15:15,16
- If you are feeling out of sorts with God, read Romans 8:31-34.

Do these scriptures help your feelings? Reason why God wants to spend time with you.

**Are you ready to pray?**

Read 1 John 1:9 Have you confessed any known sin to God?

Read Psalm 32:1,2 Accept God's forgiveness and continue your prayer time. Your soul had a shower and God sees you as clean. It is His Word, His Cross, His Plan of salvation.

Any nagging doubts that God hears you? Think on Ephesians 2:8, 9

## **Exercise in Freedom**

**How can you make your times with God more desirable?**

- Do you need some praise music in the background? A quiet environment?
- Find a pleasant place to walk and use it as a place of prayer. Jesus went often to the Mount of Olives with his disciples.
- Have you ever made a prayer basket? Put a bible, favorite devotional, pen, highlighter, pad and pictures of family or friends if you would like as a prayer reminder instead of a prayer list.
- Try having a picnic in bed on a Saturday morning or a picnic in the park with Jesus.
- Read Psalm 4, 5, 17, 61 and 65. Hi-light the common thread in all these prayers?
- Write a Psalm to God expressing your heart.

GOD STILL COMES WHERE HE CAN FIND SOMEONE QUIET ENOUGH TO LISTEN AND  
ALONE ENOUGH TO HEED                      DAILY WALK 1988

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Use **ACTS** acronym to Guide your prayer time.

**A** for Adoration of God

**C** for Confession and restoration

**T** thanksgiving of his forgiveness and the presence of the Holy Spirit

**S** supplication=prayer for whomever and whatever God brings to mind.